

Frederick County DFRS Safety Office

Safety Bulletin for September 2013

The following Stations remain collision and injury-free in 2013:

9, 18, 21 & 28

Stations with no incidents in August:

*4,5,6,9,10,12,14,
16,17,18,21,22,25,26,28,33*

September Safety Bulletin

Avoiding Slips/Falls from Apparatus

- When exiting the vehicle, always climb out in the same manner you entered; that is, facing the cab. Never jump from the truck or tractor cab.
- When climbing into or out of a truck or tractor, use the Three-Point Rule (i.e., always keep three points in contact with the vehicle, either one hand and two feet, or two feet and one hand). This will provide a firm and secure platform, minimizing the likelihood of falling.
- When you transfer your weight from the ground to the vehicle, or vice versa, make sure the surfaces are not slippery or rough, due to snow, ice, oil, potholes, rocks, etc. Look at the surface so your foot doesn't unexpectedly slip on a slick surface, or twist on an uneven or irregular surface. Look before you step!!
- See the attached information from Hartford Insurance.



Frederick County DFRS Safety Office

September Safety Bulletin

August 2013 Reports

Injuries – 12

Exposures – 3

Collisions – 7

2013 Totals

Injuries – 90

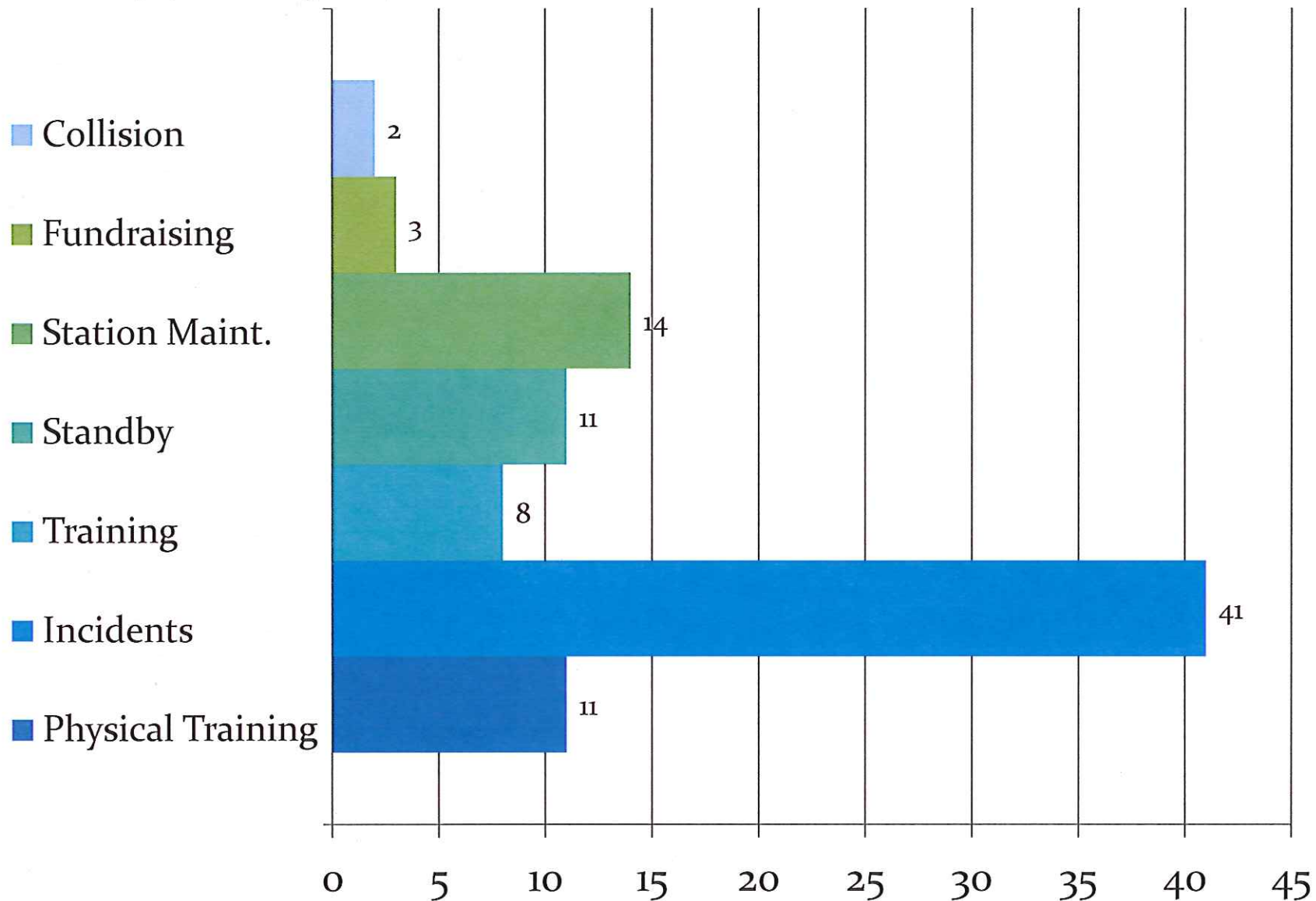
Exposures – 27

Collisions - 59

Frederick County DFRS Safety Office

Reporting Totals by Activity

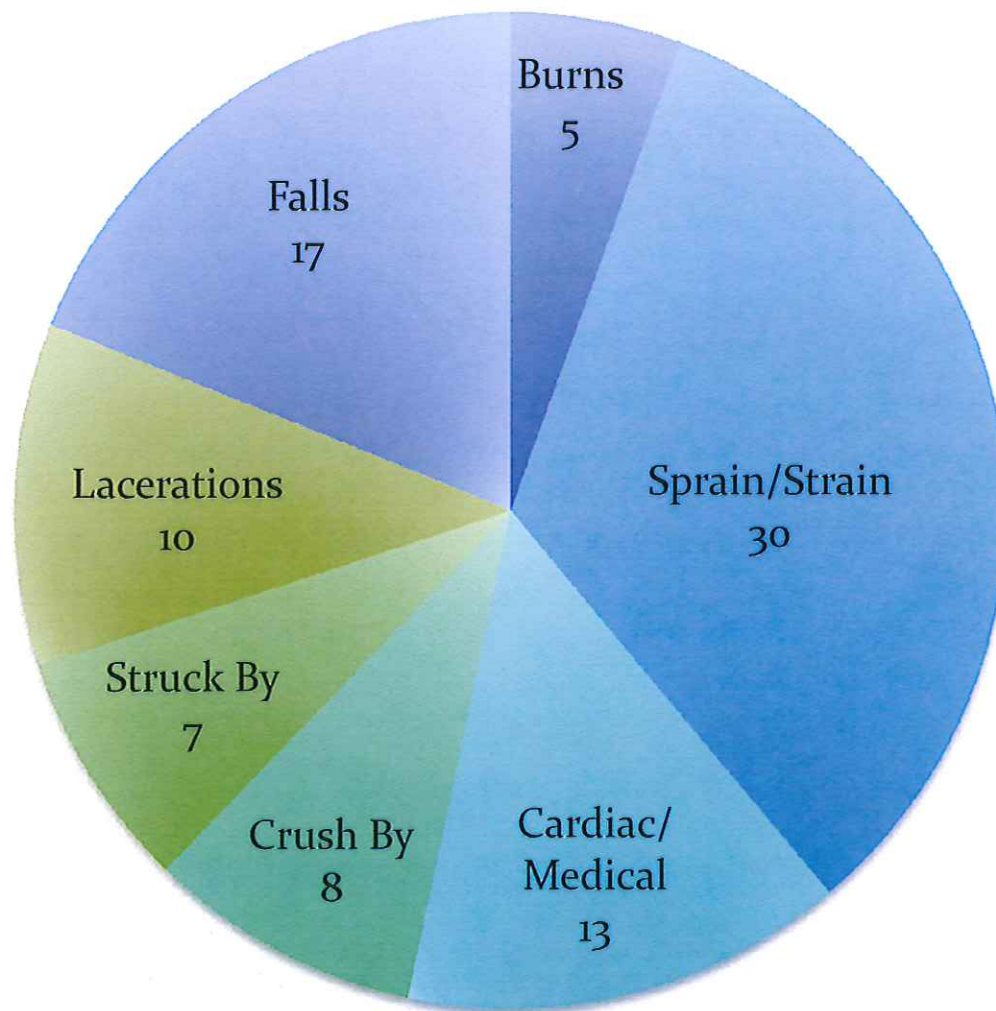
January 1, 2013 – August 31, 2013



Frederick County DFRS Safety Office

Injuries by Type

January 1, 2013 – August 31, 2013

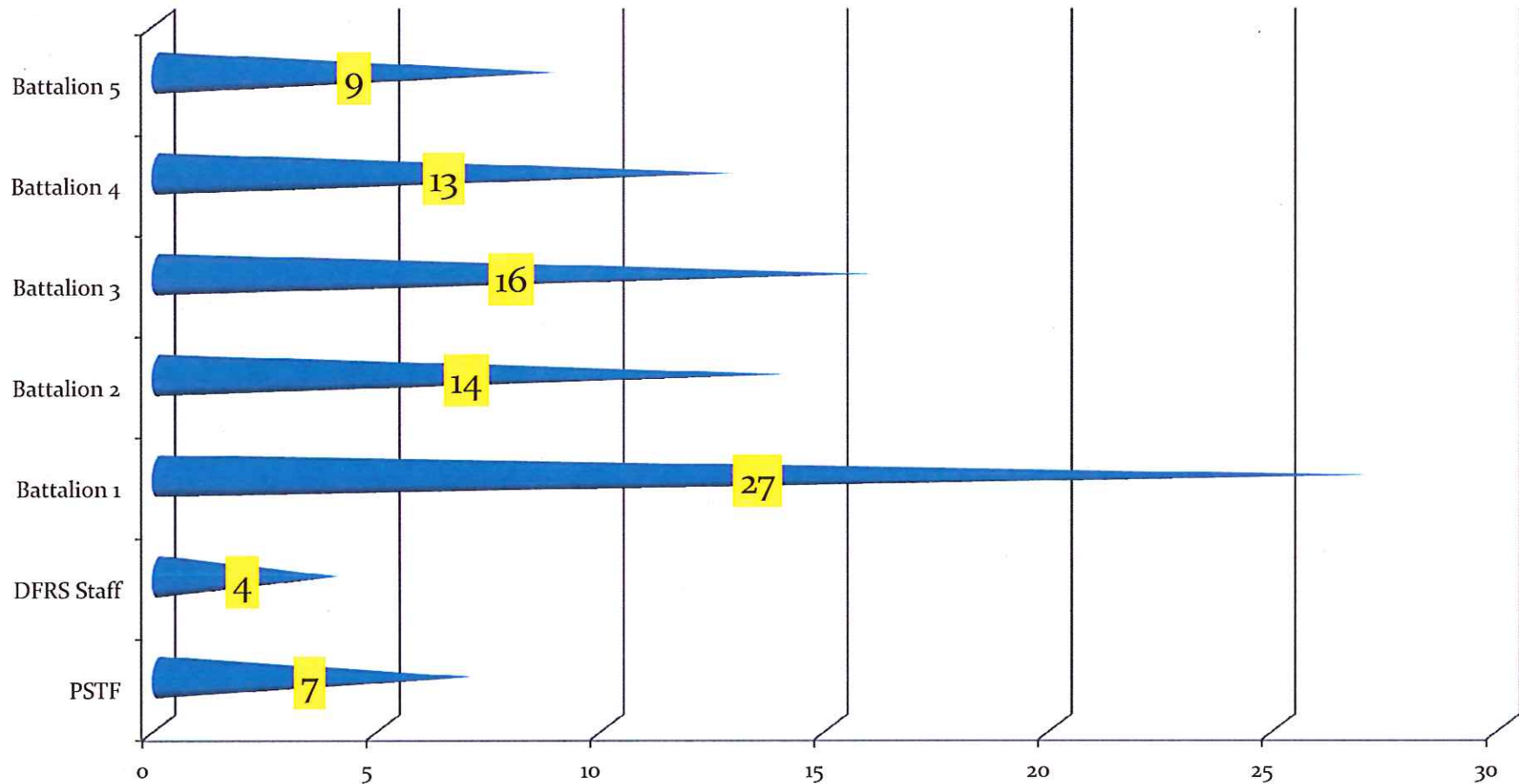


2013 Total Injuries - 90

Frederick County DFRS Safety Office

Injuries by Battalion

January 1, 2013 – August 31, 2013



Battalion 1 = 1,2,3,4,31,33,50

Battalion 2 = 7,8,12,20,21

Battalion 3 = 5,14,15,19,23,25,28

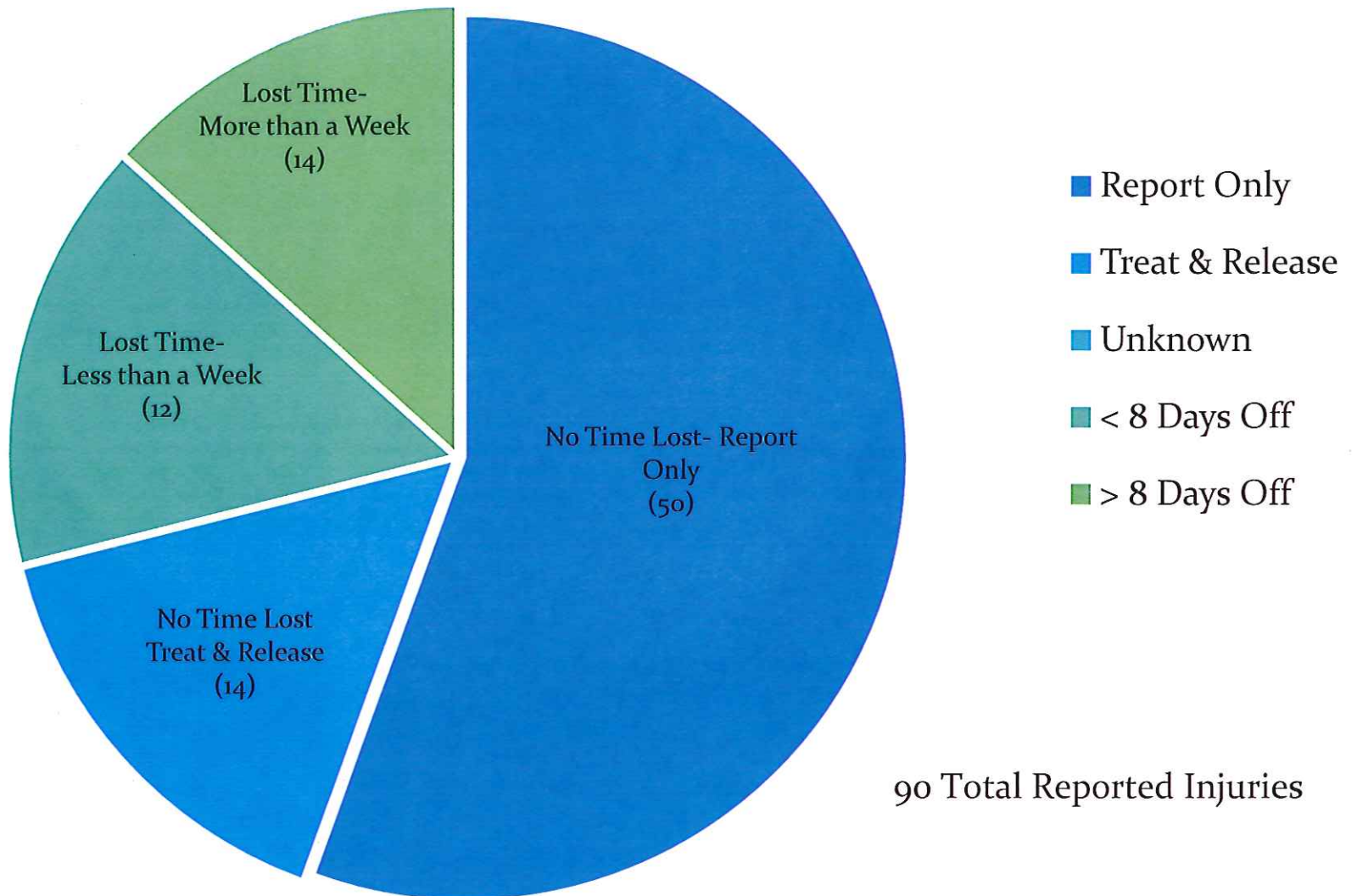
Battalion 4 = 9,11,16,17,22,24

Battalion 5 = 6,10,13,18,26,30,51

Frederick County DFRS Safety Office

Lost Time

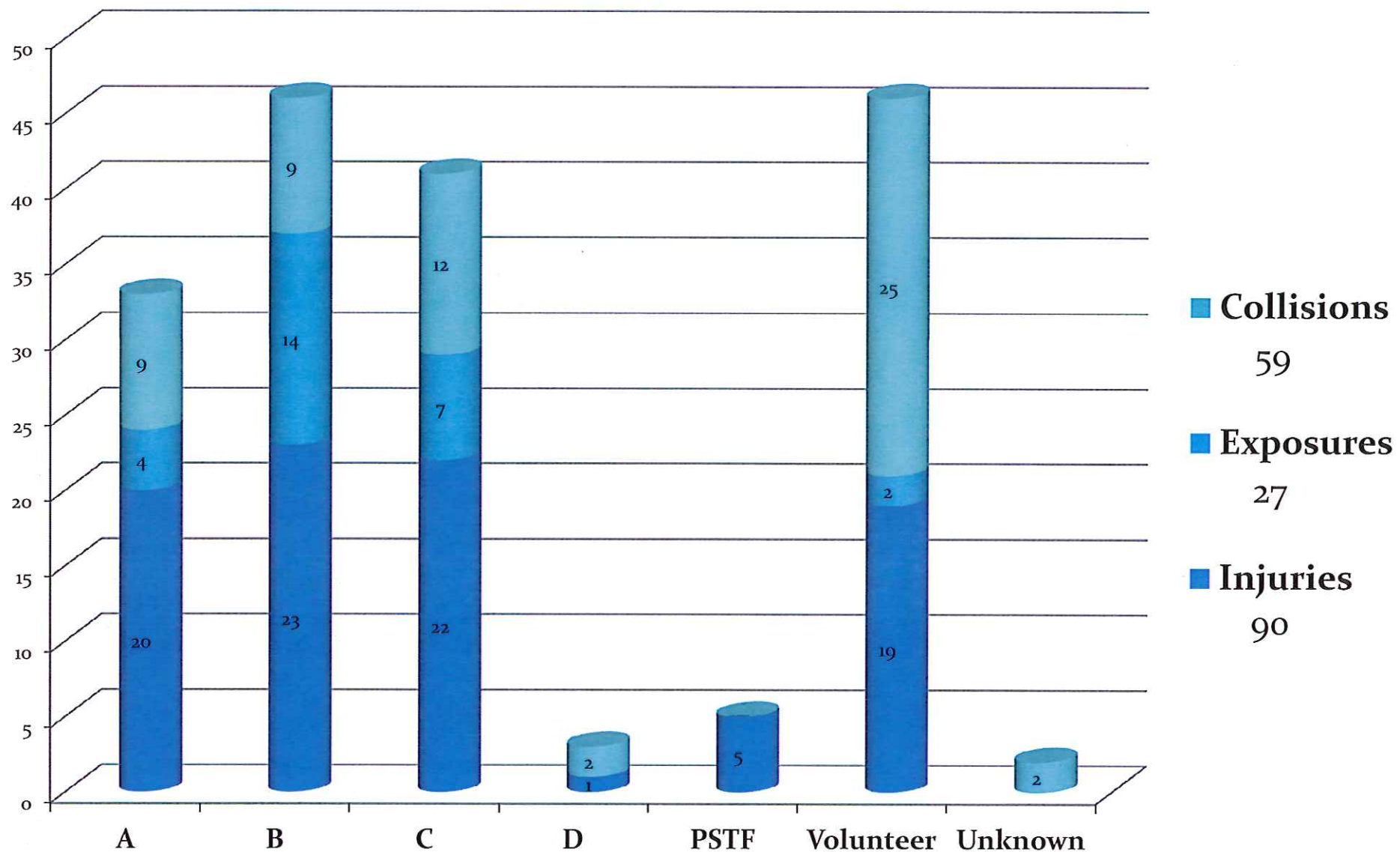
January 1, 2013 – August 31, 2013



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Reporting Totals by Shift

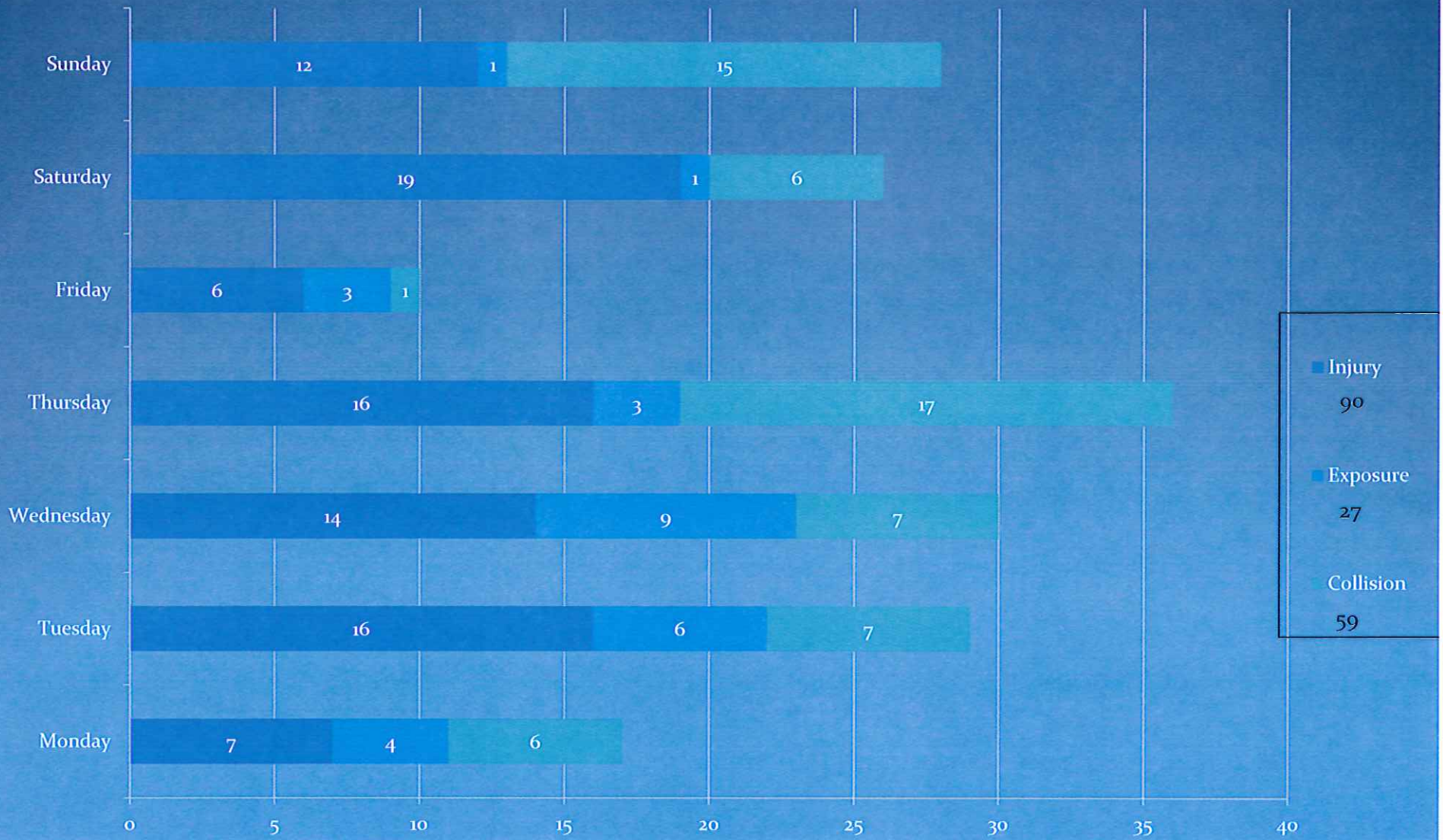
January 1, 2013 – August 31, 2013



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Incidents by Day

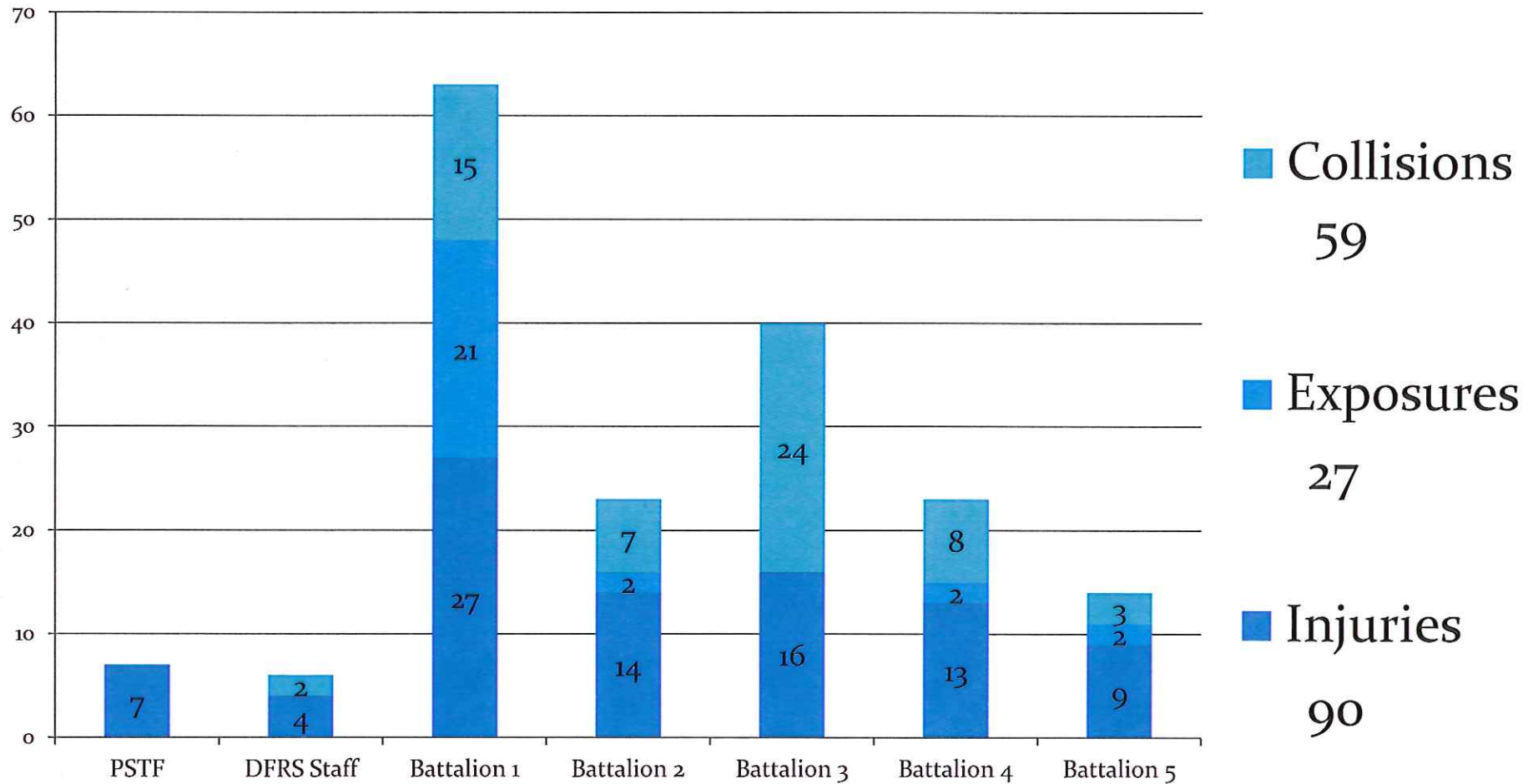
January 1, 2013 – August 31, 2013



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Totals by Battalion

January 1, 2013 – August 31, 2013

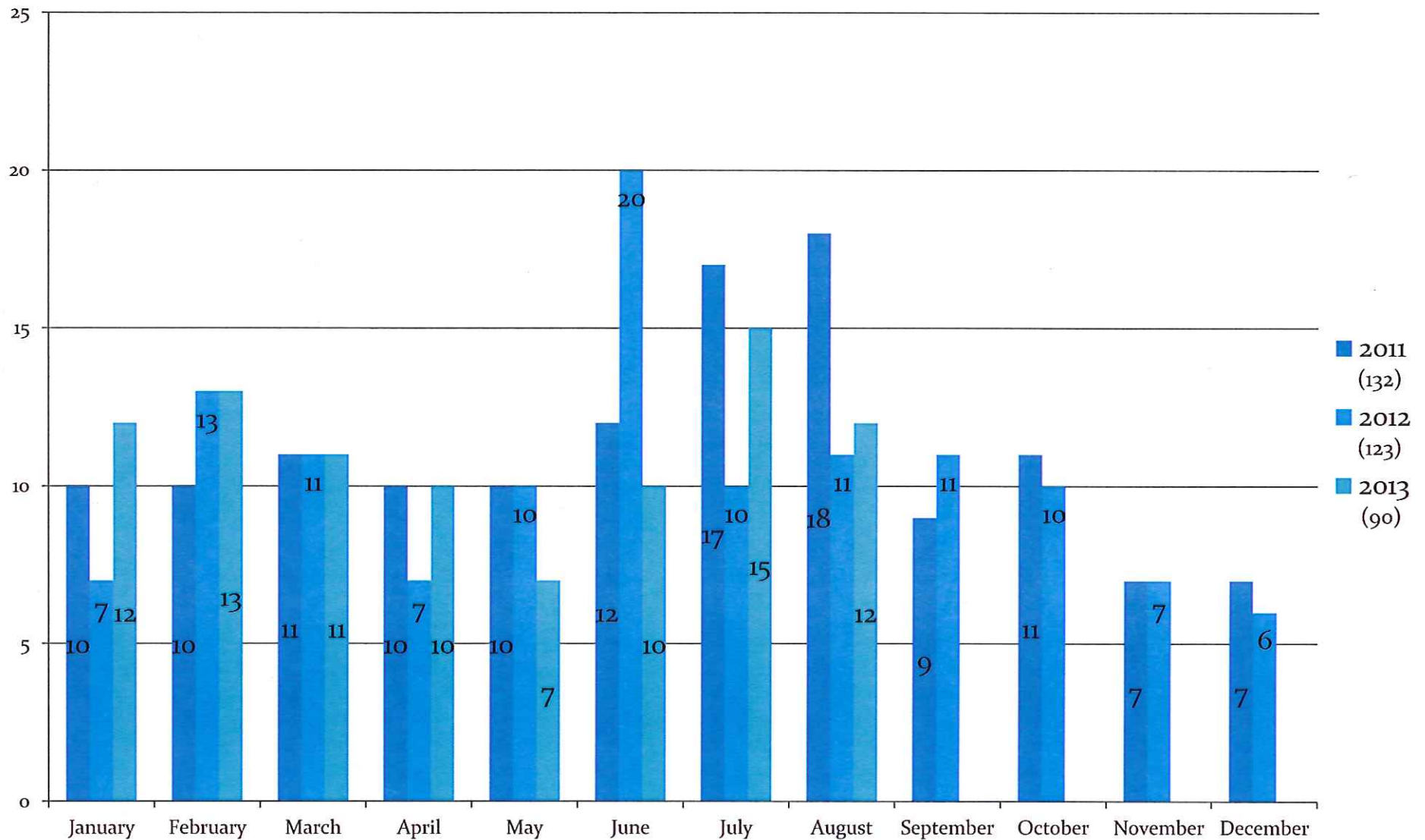


Battalion 1 = 1,2,3,4,31,33,50
Battalion 2 = 7,8,12,20,21
Battalion 3 = 5,14,15,19,23,25,28
Battalion 4 = 9,11,16,17,22,24
Battalion 5 = 6,10,13,18,26,30,51

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Injuries by Year

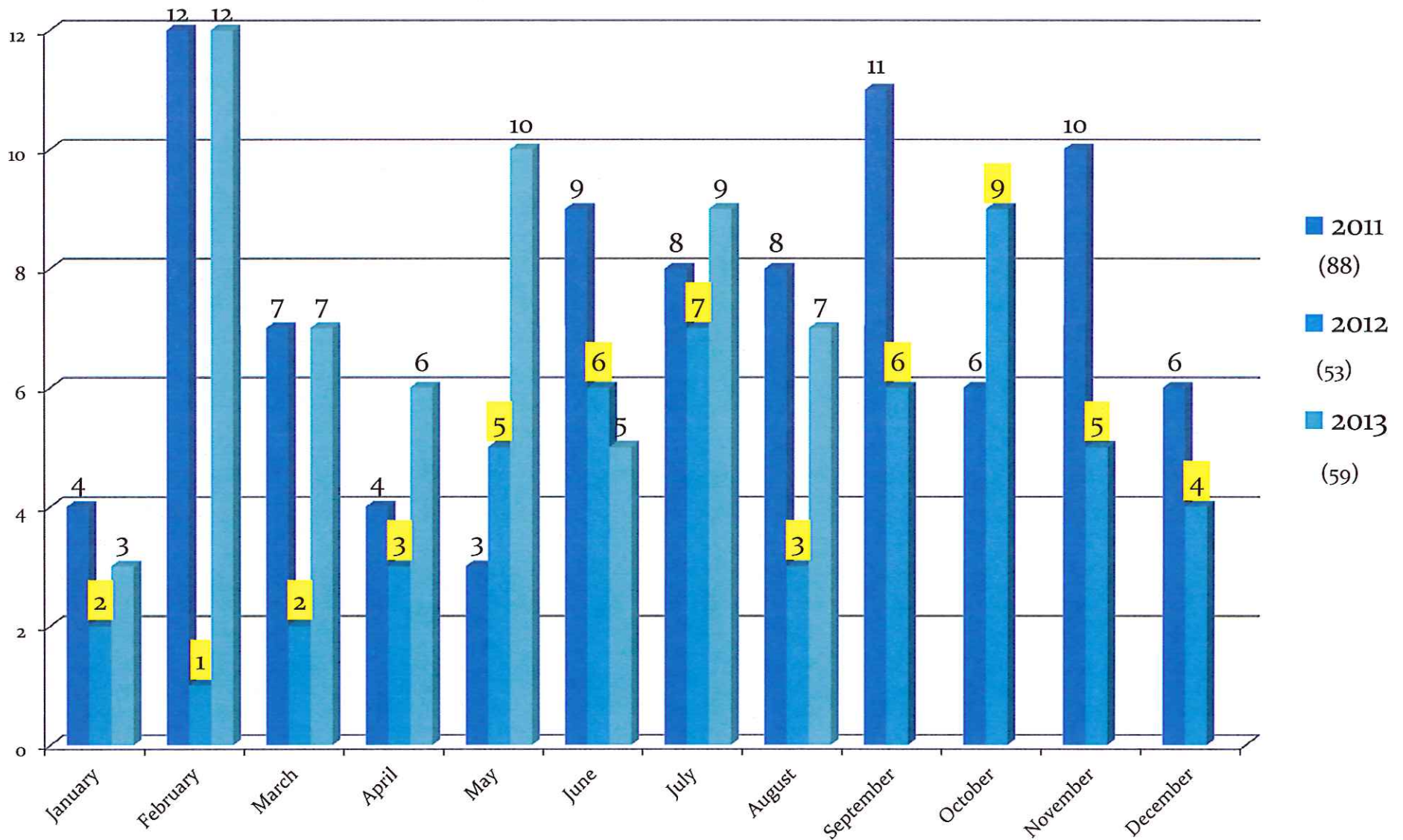
January 1, 2013 – August 31, 2013



Frederick County DFRS Safety Office

Collisions by Year

January 1, 2013 – August 31, 2013





September Safety Message

Annual Physicals

- Are free, contact your Chief or Safety Officer for authorization.
- Can identify conditions earlier allowing for more successful outcomes.
- Keep other firefighters safe by improving overall wellness making a more capable team.
- Benefit your family by decreasing the impact on illnesses incurred, by early recognition.
- See the attached 5-minute drill on annual physicals.

**CALL TODAY TO SCHEDULE YOUR
AFTER-HOUR VOLUNTEER FIREFIGHTER EXAM:**

**CorpOHS
490-L Prospect Blvd
Frederick, MD 21701**



**Saturday, October 19, 2013
8:00am – 12:00pm**

**Wednesday, November 13, 2013
3:00pm – 8:00pm**

Scheduling Number: (240) 566-3001, option 4

CORP OHS
Corporate Occupational Health Solutions, LLC